

# LYNN COUNCIL ON AGING SENIOR CENTER



**August  
2018**

**Lynn Council on  
Aging**

**8 Silsbee Street  
Lynn, MA 01901**

**781-599-0110**

## From the Director's Desk

I don't know about you, but sometimes I can be forgetful. I'll walk into a room with no idea why I entered it in the first place. I've heard that there are some things you can do to improve memory. There are 7 nuts you can eat that help memory. Almonds, walnuts, pecans...I forget the rest. Another way to improve memory is to keep your brain active. Try solving these puzzles to exercise your mind! (Answers are below)

1

fooling fooling fooling  
fooling fooling fooling

**PUNCH**  
ROLL **PUNCH**

HhAaNnDd

(Hole in one, fooling around. Roll with the punches, hand in hand)

## From Your Mayor

I hope you have enjoyed the beautiful weather we have had this summer and continue to do so over the coming weeks.

Last month we celebrated the 4th of July holiday with a number of events throughout the city. I hope you were able to enjoy the fireworks celebration at Red Rock Park and the 8th annual reading of Frederick Douglas Independence Day speech on July 3rd.

On July 28th, we showed the movie The Yellow Submarine at the Lynn Auditorium in commemoration of the 50 year anniversary of its release. It was a great success!

The mayor's office has begun to display various works of art outside his office. We have beautiful work from Shoemaker Elementary School on display from May to July. Beginning in August we will have pieces from the senior center art group. We hope you'll take a minute to enjoy them the next time you visit City Hall.

I invite you to attend the remaining performances of the summer concert series at Red Rock Park. The following bands will be playing: Night Flight on August 2nd, White Lightnin' on August 9th and the Lexington Street Band on August 20th. The summer entertainment will end with a movie night where they will show the movie "A Wrinkle in Time". To view the concert schedule for the remainder of the summer, please visit [http://www.ci.lynn.ma.us/attractions\\_redrock\\_concerts.shtml](http://www.ci.lynn.ma.us/attractions_redrock_concerts.shtml)

Shows coming to the auditorium in August include Los Tucanes de Tijuana, Miel San Marcos Pentecostes, American Idol Live! 2018, and Kool & the Gang. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

The City continues to buzz with activities and I continue to work hard to ensure that Lynn is a place where we can all live, work and play. Wishing you a safe and enjoyable summer.

Mayor Thomas M. McGee

**CUFFE-McGINN FUNERAL HOME**  
 Dignity  
 157 Maple Street • Lynn, MA 01904  
 Tel: **781-599-3901**  
 Fax: 781-598-2143  
 www.cuffemcginn.com

**Elder Service Plan of the North Shore, Inc.**  
 PACE  
 Primary and Specialty Medical Care  
 • Adult Day Centers • In-home Support and Care  
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 and THE SWAMPSCOTT WING, Lynn  
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## Lynn Council on Aging Senior Center

Publication  
funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503

Erica Brown  
Program Coordinator ext. 618

Rosa Paulino-Diaz  
Activities Assistant ext. 625

Hours of  
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

## LCOA Board of Directors

**Arthur Akers** President  
**Minette Lall** Vice President  
**Lester McClain** Clerk  
**Pam Edwards**  
**Frank LaMacchia**  
**Charles Mitchell**  
**Marlene Vasi Eddy**

Meets 4th  
Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble** President  
**Ann Breen** Vice President  
**Katherine Brown** Treasurer  
**Ellen Cash** Recording Secretary  
**George Harvey** Membership Secretary

Meets last  
Thursday of the  
month @ 9:45

**Meeting Dates:** Aug 30 Sep 27 Oct 25 Nov 29  
**Considering joining the FRIENDS?** Come visit us and see what we're all about  
 Friendship first, friendly smiles making and raising funds for our senior center.

## Tired of waiting for the mail?

Monthly newsletters are posted online:  
[www.ci.lynn.ma.us](http://www.ci.lynn.ma.us)

Click City Hall

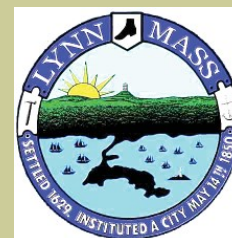
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

## Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~Dr. Harvey Berger

Thank you for your donation

~ Sophie Karoumpalis

Thank you for your donation

~Dianna Chakoutis

## DEDUCTIBLE DONATION

GE matches all donations made from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

☐
☐
☐

Person's Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Donated by: \_\_\_\_\_

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233 Albion Street Wakefield

**Committed to Life at Home**

**HELENE M. AHERN, F.S.C.**

Catholic Cemetery Assoc.  
Archdiocese of Boston INC

226 North St., Salem, MA 01970

**C: 781-953-6753 FX: 978-740-9528**



**Hatch Hearing Aid Center**

*"You Should Hear  
What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901  
781.599.1902 • 1.888.HEARITE (432.7483)

**YOUR  
AD  
HERE  
CALL  
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications  
Subsidized Elderly Housing  
Call 781-593-5700

**HARBOR 90FT**  
ADAPTIVANTS

## CASINO TRIPS

**Foxwoods \$32 August 21st**

Need 40 sign ups by August 10th  
6:30am-6:30pm



**Plainridge \$10 September 18th**

Pre-paid reservation required. Marquee Rewards card number needed.  
Small busses leave Lynn Senior Center 8:30am and leave the casino promptly at 3:30pm. Book your rides home for 5:00pm.

**Coach busses are equipped with handicap accessibility and WI-FI!**

**\*\*Refunds will only be issued if you notify us 24 hours in advance, or we'll sell your seat.\*\***

## UPDATE YOUR INFORMATION!

If you have recently moved, changed your phone number, or need to update emergency contact information for the Lynn Senior Center, please call Erica Brown 781-586-8618 Or Rosa Paulino Diaz 781-586-8625 This helps us send the newsletter to you every month and helps us to reach you.

## MUSICAL AND JOY-BASED T'AI CHI

**Tai Chi \$5 Reservation required**

Second and Fourth Monday

Large Activities Room

**10:00 am—11:00 am**

Instructor, Mike Elliott

Musical and Joy-Based Tai Chi is a choreography of movements and poses that acts as a great form of exercise! It elevates heart rate, builds muscle tone, increases balance, energy, and mobility, improves posture, and decreases stress and pain.

## PENNY SALE

Sponsored by the FRIENDS of the Lynn Council on Aging  
Penny Sale!

We are now accepting new or like new donations. Examples include unused candles, beauty product sets, or other small items. Please drop off donations at the senior center.



## SENIOR TAX ABATEMENT WORKOFF PROGRAM

### APPLICATIONS AVAILABLE FOR 2019 DUE OCT 31

Applicants for the Senior Citizen Property Tax Work- Off Abatement must be 60 years of age as of July 1st and a homeowner or spouse of a homeowner in the City of Lynn for a minimum of 5 years. Income eligibility is based on the state Circuit Breaker guidelines: below \$57,000 for single homeowner; \$86,000 for couple. Copy of income tax return and a picture ID is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing. City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program. C.O.R.I check,

Privacy Statement, and Confidentiality Agreement required.

Applications are available online at [www.ci.lynn.ma.us](http://www.ci.lynn.ma.us) and at the senior center and must be filed at the Mayor's Office no later than

January 31st of the fiscal year to participate in the program.

Maximum annual abatement of property taxes shall not exceed \$600 for 54.54 hours. Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600.

Abatement is applied to the first tax bill of the following year.

Applicants must apply and be subject to the lottery process annually for participation in the program.

**Questions? Call Erica at 781-586-8618.**

## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn & Soda

### Wide Screen Plasma Home Theatre System

<b>Aug 1</b>	Admission	2013	PG13	1h 47m
<b>Aug 8</b>	Casa Blanca	1942	PG	1h 42m
<b>Aug 15</b>	Practical Magic	1998	PG13	1h 44m
<b>Aug 22</b>	The Breakfast Club	1985	R	1h 32m
<b>Aug 29</b>	The Sound of Music (12:00 start)	1965	G	3h



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.





WE MAKE IT HAPPEN

*Call for a free Consultation Or Visit us online*

**Home Health Services**

45 Albion Street • Wakefield MA 01880 • 781-224-3600  
North Shore Offices Phone: 978-774-2005 • 978-777-6009  
[www.BestMakesItHappen.com](http://www.BestMakesItHappen.com)

Place Your Ad

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What You're Missing"*

152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901  
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**YOUR  
AD  
HERE  
CALL  
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications  
Subsidized Elderly Housing  
Call 781-593-5700

**HARBOR**  
90FT  
ADAPTIVITIES

## AUGUST HAPPENINGS

- Mon Aug 6** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Aug 7** Birthday Karaoke 11:30am—1:00pm
- Wed Aug 8** Field Trip: Salem Willows \$2 11:00am—1:30pm  
Salem, MA
- Thu Aug 9** Ice Cream Social \$0.50 1:00pm  
Sponsored by: FRIENDS of the LCOA
- Wed Aug 15** Farmer's Market Coupon Distribution 9:00am—12:00pm  
(See page 7)
- Thu Aug 16** Lunch Trip: Seaport Grille \$2 11:00am-2:00pm  
Gloucester, MA
- Fri Aug 17** Field Trip: Walking Tour of Lynn Museum and Picnic \$3
- Fri Aug 17** **Brown Bag** 9:00am—12:00pm  
Sponsored by Greater Boston Food Bank
- Mon Aug 20** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue Aug 21** Foxwoods \$32 6:30am—6:30pm  
(See page 4)
- Wed Aug 22** Field Trip: Castle Island \$2 9:30am—2:30pm
- Thu Aug 23** **Live entertainment: Brian Corcoran** 12:00pm-1:00pm
- Tue Aug 28** Field Trip: Butterfly Place & Kimball Farms ice cream Westford, MA \$3 9:30am—2:30pm
- Fri Aug 31** Field Trip: USS Constitution Museum 9:00am—2:00pm

Please note: All trips must be signed up for and paid in advance. Day of reservations only if space available—not guaranteed. Please call Erica (781-586-8618) or Rosa (781-586-6625) or visit the Senior Center to sign up.

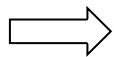
## FARMER'S MARKET COUPONS

Weds, Aug 15th

9 am – 12pm

Lynn Senior Center

DOORS OPEN at 7:30 am



Be sure to get a call number upon arrival

MUST bring ID & proof in person:

Lynn, Lynnfield, Nahant, Saugus or Swampscott residents

o

nly

60 years of age or older

Benefit eligible (MassHealth Medicaid, food stamps, fuel or



**YOUR  
AD  
HERE**

**CALL  
TODAY**

## LOBSTER CRUISE

Gloucester Lobster Luncheon & Cruise with Entertainment  
New England clam chowder, steamed lobster. BBQ chicken, corn on the cob,  
potatoes, and dessert

Cash bar

**\$70.00**

Pick up and advanced payments at:

9:30am Lynn Senior Center 8 Silsbee Street, Lynn

**Thurs, SEPTEMBER 6th**

Board boat at 11:00am—sail until 2:00pm

Return to Lynn approximately 3:30



Limited seating RESERVE EARLY SEATS SELL QUICKLY

No refunds unless seat is sold

Questions? Call Erica 781-586-8618 or Rosa 781-586-8625 #\_\_\_\_\_

Name\_\_\_\_\_ tele\_\_\_\_\_

Address\_\_\_\_\_

Emergency contact name\_\_\_\_\_ tele\_\_\_\_\_

Payment: Cash ☐ Check ☐

Reservation #\_\_\_\_\_

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Comfortable  
in your  
OWN HOME!

781-395-0023

Visiting Angels®

## Wellness Watch August 2018



# Building Bridges to healthier communities

2ND ANNUAL WELLNESS FESTIVAL

Thursday, September 6, 2018

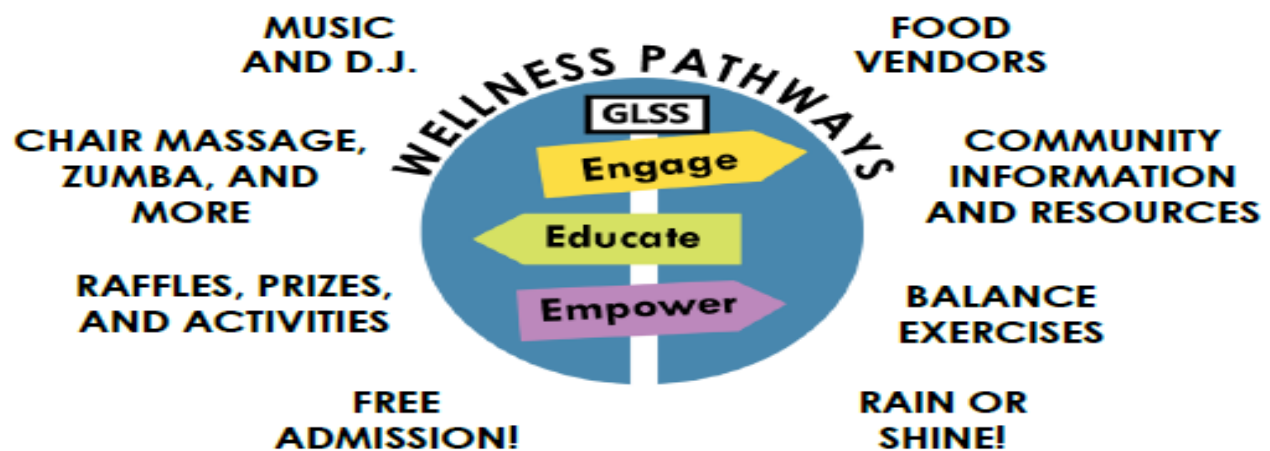
11:00 a.m. – 2:00 p.m.

(during the Lynn Farmers' Market)

The Park at Lynn Museum

590 Washington Street, Lynn, Mass.

Hosted by



in partnership with



For more information, contact Kelsey Magnuson at 781-586-8530 or [kmagnuson@glss.net](mailto:kmagnuson@glss.net).



## SENIOR CENTER ACTIVITIES • August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 - 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 TAU CHI (2nd @ 4 th MONDAYS)	10:00-11:30 OIL PAINTING	9:30-10:30 BEGINNER'S TAP	8:00-11:00 KIOSK (IN2L)	11:00-12:00 LUNCH
11:00-12:00 LUNCH	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	11:00-12:00 LUNCH	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	11:00-12:00 LUNCH	1:00-2:45 BINGO
12:00-1:00 SPORTS CLUB	1:00-2:00 THE CROWN	1:00 - 3:00 MOVIE	10:30-12:00 ACRYLIC PAINTING	
1:00-2:45 BINGO	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
	1:30 BILLIARDS CLUB		2:00-3:00 HORSE RACE GAME	

### OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

#### AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



781-581-2051



Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

#### Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

SKILLED NURSING CARE \* SUBACUTE CARE \* PHYSICAL THERAPY  
OCCUPATIONAL THERAPY \* SPEECH THERAPY \* RESPITE CARE

## AUGUST AT THE SENIOR CENTER

K	O	R	S	Q	T	M	A	E	R	C	E	C	I
F	S	N	E	T	E	W	M	B	M	L	H	I	S
P	E	A	I	D	K	A	R	U	L	O	B	V	F
N	A	Y	L	S	R	S	A	T	S	O	P	H	E
I	P	B	L	E	A	F	U	T	E	E	G	K	N
T	O	U	Y	K	M	C	A	E	A	L	U	A	I
A	R	T	X	O	S	W	B	R	H	B	A	M	H
T	T	T	E	A	R	P	I	F	M	I	O	S	S
W	G	E	V	R	E	K	T	L	I	N	B	F	N
A	R	B	D	A	M	B	A	Y	L	G	N	H	U
O	I	A	J	K	R	S	E	I	V	O	M	O	S
M	L	S	A	T	A	I	C	H	I	P	W	A	G
U	L	C	G	I	F	D	A	I	C	A	J	S	F
G	E	D	N	A	L	S	I	E	L	T	S	A	C

CASTLE ISLAND SEAPORT GRILLE

KARAOKE

SALEM WILLOWS

ICE CREAM

FARMERS MARKET

MUSEUMS

BUTTERFLY

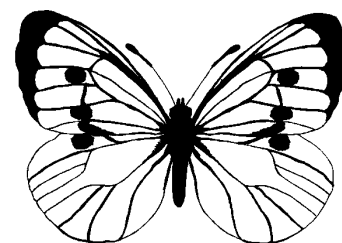
BINGO

SUNSHINE

TAI CHI

CASINO

MOVIES



# August 2018

Requested Donation is \$2.00 per meal

## Greater Lynn Senior Services COMMUNITY CAFÉ MENU – AUGUST 2018

GLSS NUTRITION  
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.)	1 Egg salad sandwich(420) Potato salad(303) Calories-620 Sodium-892 ALTERNATIVE Lasagna/tomato sauce(405) Calories-600 Sodium-770	2 Chicken fajita(275) Seasoned black beans(126) Calories-600 Sodium-990 ALTERNATIVE Pork/BBQ sauce(275) Calories-800 Sodium-933	3 Turkey sandwich(595)* Broccoli slaw(117) Calories-759 Sodium-1088 ALTERNATIVE Cheese quesadilla(383) Calories-620 Sodium-700
6 Hamburger/roll(574)* Roasted potatoes(121) Calories-818 Sodium-1062 ALTERNATIVE Veggie burger/roll(670)* Peas(58) Potato(121) Calories-700 Sodium-1078	7 Tarragon chicken salad/roll(400) Coleslaw(167) Calories-600 Sodium-960 ALTERNATIVE Cheese pizza(340) Mixed veg.(24) Calories-600 Sodium-696	8 Baked haddock/lemon(150) Salad/dressing(262) Calories-698 Sodium-1061 ALTERNATIVE Garlic chicken(250) Spanish beans(126) Calories-600 Sodium-1006	9 Lasagna/sauce(405) Roasted zucchini(15) Calories-600 Sodium-706 ALTERNATIVE Bean/cheese burrito(450) Corn(15) Zucchini(15) Calories-710 Sodium-874	10 Polynesian chicken(105) Fried rice(64) Calories-826 Sodium-528 ALTERNATIVE Pork/BBQ sauce(275) Carrots(23) Calories-615 Sodium-695
13 Beef stew(117) Mashed potatoes(109) Calories-833 Sodium-677 ALTERNATIVE Egg/cheese croissant(420) Calories-766 Sodium-1110	14 Teriyaki chicken meatballs(450) Jasmine rice(4) Calories-756 Sodium-838 ALTERNATIVE Seasoned pork(106) Calories-800 Sodium-530	15 American chop suey(316) Salad/dressing(62) Calories-800 Sodium-744 ALTERNATIVE Spinach,cheese enchilada300 Calories-600 Sodium-730	16 Roast beef sandwich(373) Coleslaw(167) Calories-856 Sodium-910 ALTERNATIVE Fish/tomato&pepper(150) Calories-600 Sodium-500	17 Orange chicken(329) Mashed potatoes(109) Calories-600 Sodium-638 ALTERNATIVE Macaroni and cheese(520) Calories-600 Sodium-820
20 Sweet and sour pork(311) Jasmine rice(4) Calories-777 Sodium-871 ALTERNATIVE Chicken/tomato sauce(200) Calories-743 Sodium-700	21 BBQ chicken(264) Potato salad(303) Calories-643 Sodium-1074 ALTERNATIVE Veggie stuffed pepper(100) Calories-800 Sodium-827	22 Pork hot dog/roll(886)* Baked beans(206) Calories-800 Sodium-1385** ALTERNATIVE Veggie chili(448) Calories-600 Sodium-704	23 Shredded beef taco(300) Black bean salad(100) Calories-713 Sodium-981 ALTERNATIVE Pasta primavera(200) Calories-700 Sodium-650	24 Chicken piccata(350) Pasta(3) Salad(252) Calories-743 Sodium-963 ALTERNATIVE Cheese pizza(340) Calories-600 Sodium-670
27 Potato Pollock/sauce(319) Sweet potato(104) Calories-832 Sodium-912 ALTERNATIVE Pulled beef (100) Sweet potato(104) Calories-676 Sodium-900	28 Pork rib/BBQ sauce(509)* Mashed potato(109) Calories-705 Sodium-1017 ALTERNATIVE Chicken stew(190) White rice(4) Calories-686 Sodium-600	29 Chef salad/turkey(247) Orzo salad(52) Calories-871 Sodium-577 ALTERNATIVE Cheese quesadilla(383) Black beans (126) Calories-700 Sodium-692	30 Chicken scampi/pasta(514)* Salad/dressing(148) Calories-885 Sodium-964 ALTERNATIVE Eggplant parm/sauce(512)* Pasta(3) Salad(148) Calories-630 Sodium-689	31 Meatloaf/gravy(370) Mashed potatoes(109) Calories-823 Sodium-1077 ALTERNATIVE Veg.Shepherd's pie(200) Potato(109) Peas(58) Calories-718 Sodium-550

# Hair Salon

## **SOPHIE'S SALON**

**WEDNESDAYS**

**9:00 AM—1:00 PM**

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

*WALK-IN OR APPOINTMENTS*

## **KIOSK FOR LIVING WELL**

TUESDAYS 9:00-11:00  
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### PODIATRIST



**Thur August 9 & August 23**

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

### BLOOD SUGAR & BLOOD PRESSURE

**Every Wednesday**

8:00 am - 9:00 am



### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE

**PAID**

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